

Technology & Mental Health Workshop for Parents/Carers

ESHAWH- Education, Safeguarding, Health & Wellbeing Hub

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Tech and mental health: A padlet for parents.



NOCE SHAW Hub • 7d Tech and mental health: A padlet for parents.

Digital Wellbeing and Mental Health

Barnado's - Social Media and Self Esteem



mymentalhealth.barnardos.com
Social media and self-esteem
How social media can affect our mental health and what we can do to help ourselves.

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Manchester United Foundation: The Impact of Social Media



YouTube
Students talk about the impact social media can have on our minds and whether we can trust it.
Students talk openly about the impact social media can have on our minds and whether we can trust it.

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Looking after your mental health online (Mind)



This site provides information

Screen Time and Screen 'Addiction'

nspcc.org.uk
Supporting children at different ages with their use of technology
Helpful tips to help determine what is right for your child in terms of tech ownership and usage throughout childhood.

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+ Add comment

BBC - CBeebies: A Parents' Guide to Screen Time.

bbc.co.uk
A parent's guide to screen time
Child development expert Dr Amanda Gummer shares her top ten tips for using screens and how they can be a powerful tool for children and families.

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Healthier Together: Screen Time - A Helpful Guide

Download on the App Store
oxfordshire-healthiertoth...
Screen time - a helpful guide :: Oxfordshire Healthier Together
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Digital Resilience

Digital Resilience Toolkit



internetmatters.org
Digital Resilience Toolkit - Internet Matters
Advice per age regarding digital resilience.

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Ways to Achieve a Healthy Balance

Digital 5-a Day



childrenscommissioner.gov...
Digital 5 a day | Children's Commissioner for England
The digital 5 a day provides a simple framework that reflects the concerns of parents/carers as well as children's behaviours and needs. It can also act as a base for family agreements about internet and digital device use throughout both the holidays and term time.
Based on the NHS's evidence-based the digital 5 a day campaign gives children and parents easy to follow, practical steps to achieve a healthy and balanced digital diet.

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UK Chief Medical Officer's Advice for Parents and Carers on Children's Screen and Social Media use.



Tips for balancing screen use with healthy living.

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BBC Bite Size: How much Screen Time is too much?

Keeping Your Child Safe Online

Internet Matters: Parental Control Guides



internetmatters.org
Find a step-by-step parental controls guide
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LGfL: Parent Safe - Keeping your Child Safe, Online and Beyond



parentsafelgfl.net
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NottAlone: Social Media and Online Safety



Online Risks

The Different Risks Associated with being Online

SSOAR Open Access Repository
The 4Cs: Classifying Online Risk to Children (London: Loughborough University)
PDF
ssoar-2021-livingstone et al-The 4Cs Classifying Online Risk
Understanding online risks.

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The Classification of Online Risks to Children

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Ofcom: The Threat of Online Bullying is Greater than Offline



ofcom.org.uk
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Smart Phone Free Childhood

smartphonefreechildhood.c...
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Smart Phone Free Childhood: A BBC Report from September 2024



bbc.co.uk
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Smartphones vs. dumb phones - A parent's guide to

Reports and Videos

ITV News: Most Parents Regret Giving Children a Smart Phone



itv.com
Most parents regret giving children a smartphone - is it time for a ban? | ITV News
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gov.uk
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What are you hoping to gain from this workshop?

What brought you here today?

[Tech and mental health: A padlet for parents](#)





Our aims for today.....

- To share a little of the latest research and evidence base
- To signpost you to tools and resources to support you and your child
- To build a stronger partnership between home and school
- To empower you to make informed choices about what is right for your child and family
- To encourage reflection and dialogue in a safe space

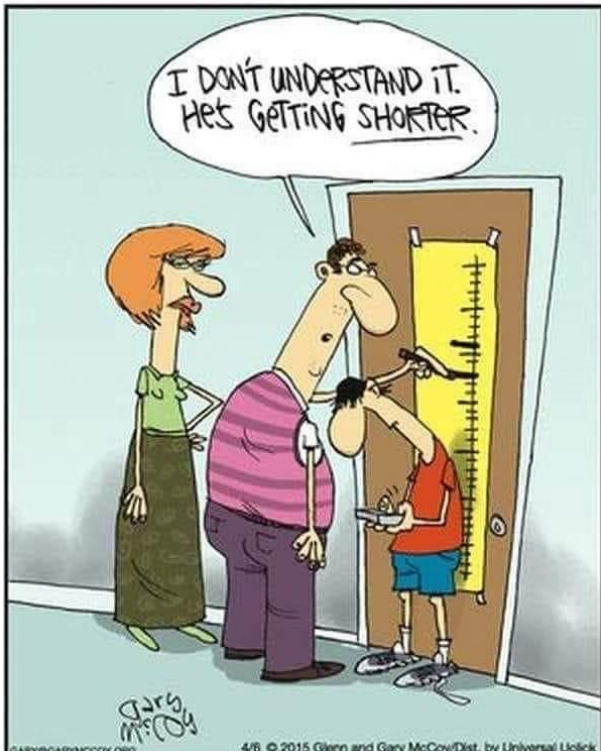
Ice-breaker activity

Introduce yourself and share the age(s) of your child/ren

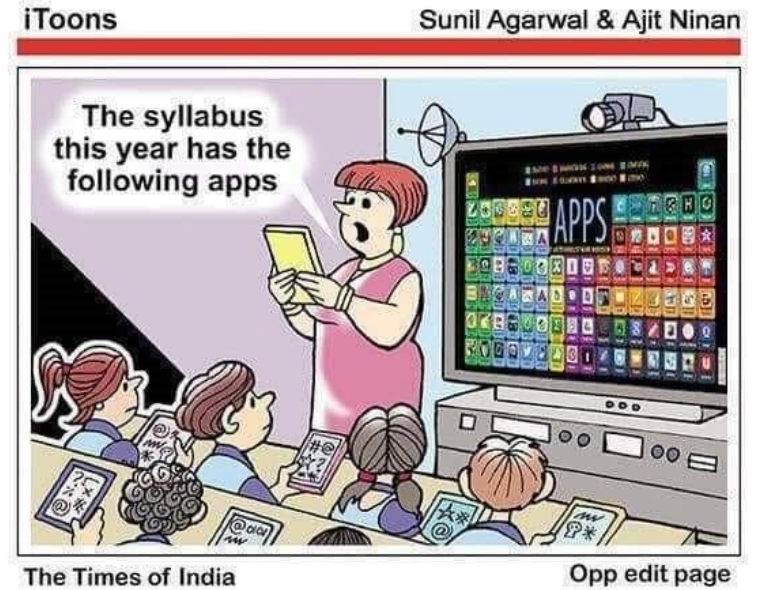
In pairs or small groups use the flipchart paper to record what you think the positives and negatives are of children growing up in the digital age

Think about physical and mental health, as well as any risks and opportunities

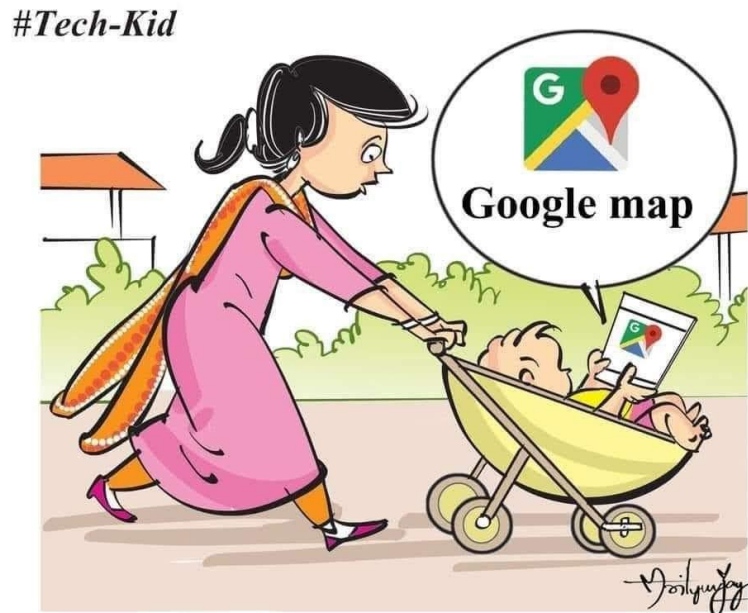
It might help to think about how you as an adult use technology yourself



iToons Sunil Agarwal & Ajit Ninan



iToons Sunil Agarwal & Ajit Ninan



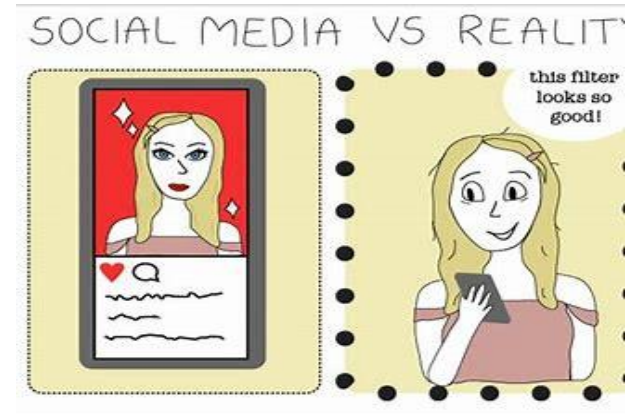
Impact of Digitalization and automation... Lollll







Negative impacts of technology





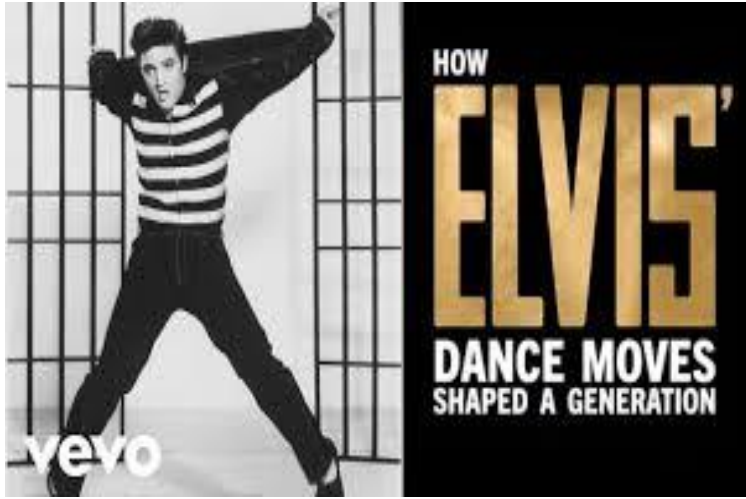
UK Online Safety Act

What is the Online Safety Act?

The UK's Online Safety Act is a law that protects users from harmful online content by making service providers more accountable for content shared on their platforms.



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1950- 1960



1960-1970



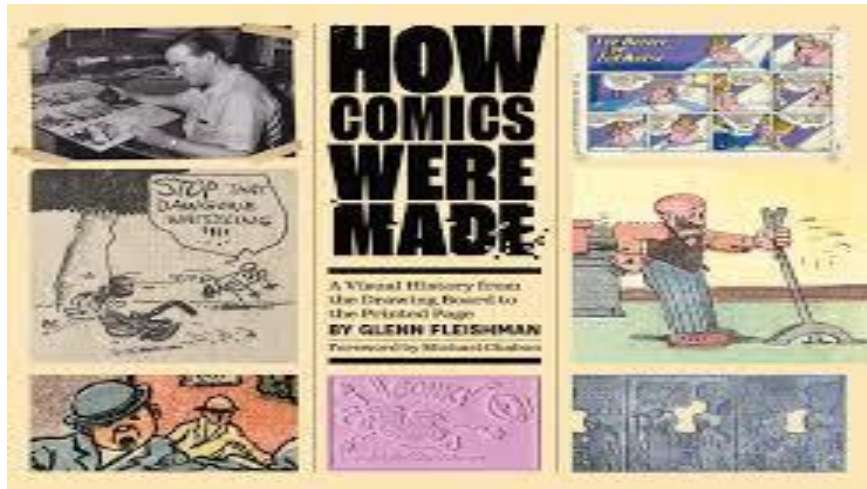
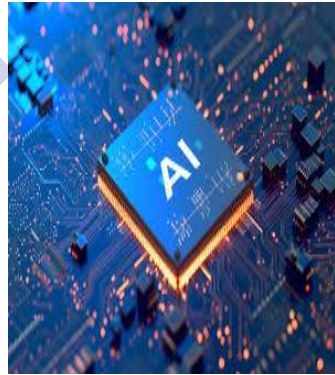
1970-1980



1990-2010



2020-2030's?



What the research is telling us so far..... What are we seeing?

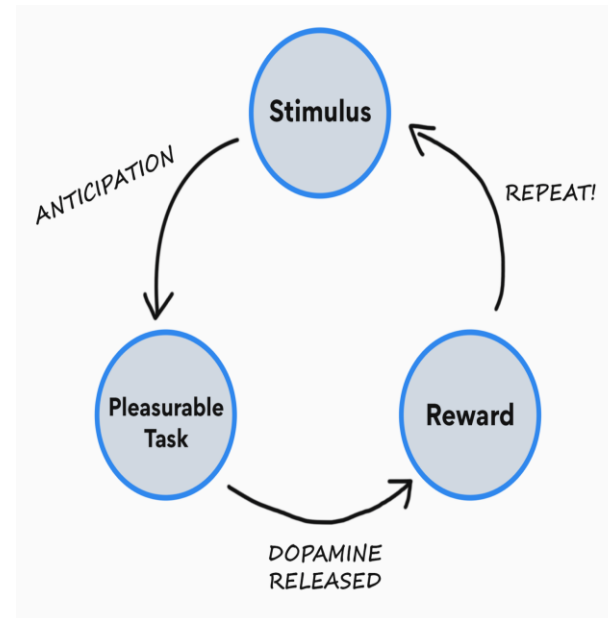
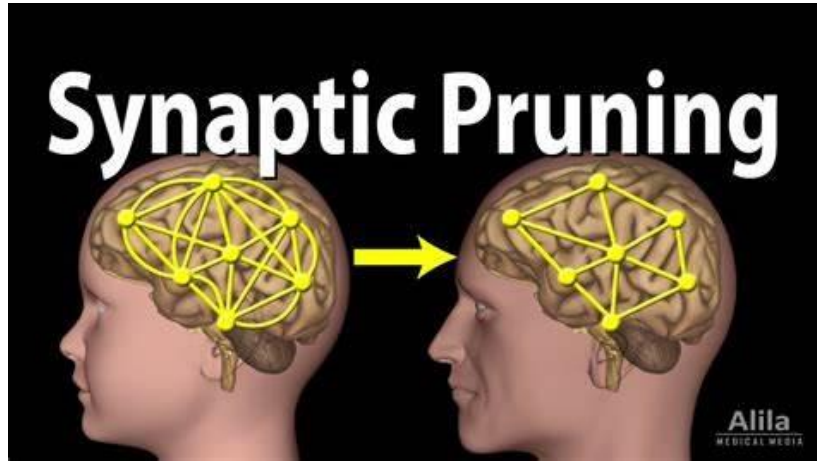



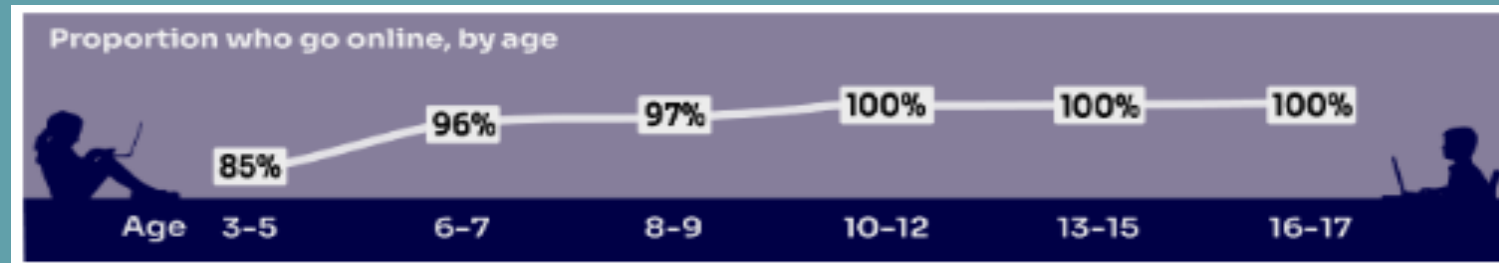


Figure 6: The CO:RE classification of online risk to children

 CO:RE	Content Child engages with or is exposed to potentially harmful content	Contact Child experiences or is targeted by potentially harmful <i>adult</i> contact	Conduct Child witnesses, participates in or is a victim of potentially harmful <i>peer</i> conduct	Contract Child is party to or exploited by potentially harmful contract
Aggressive	Violent, gory, graphic, racist, hateful or extremist information and communication	Harassment, stalking, hateful behaviour, unwanted or excessive surveillance	Bullying, hateful or hostile communication or peer activity e.g. trolling, exclusion, shaming	Identity theft, fraud, phishing, scams, hacking, blackmail, security risks
Sexual	Pornography (harmful or illegal), sexualization of culture, oppressive body image norms	Sexual harassment, sexual grooming, sextortion, the generation and sharing of child sexual abuse material	Sexual harassment, non-consensual sexual messaging, adverse sexual pressures	Trafficking for purposes of sexual exploitation, streaming (paid-for) child sexual abuse
Values	Mis/disinformation, age-inappropriate marketing or user-generated content	Ideological persuasion or manipulation, radicalisation and extremist recruitment	Potentially harmful user communities e.g. self-harm, anti-vaccine, adverse peer pressures	Gambling, filter bubbles, micro-targeting, dark patterns shaping persuasion or purchase
Cross-cutting	Privacy violations (interpersonal, institutional, commercial) Physical and mental health risks (e.g., sedentary lifestyle, excessive screen use, isolation, anxiety) Inequalities and discrimination (in/exclusion, exploiting vulnerability, algorithmic bias/predictive analytics)			

Discuss in pairs or groups:
Why do parents let their children have smart phones?

What do you think is the right age?



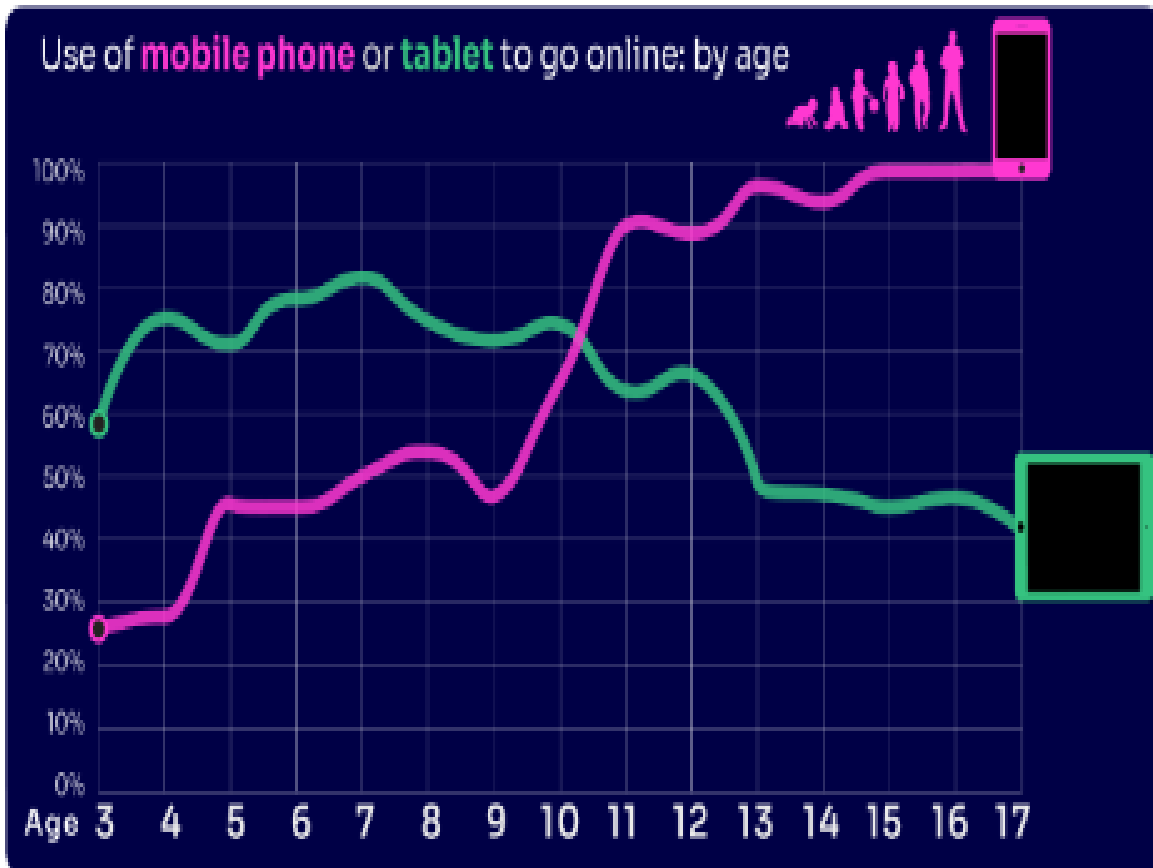
What can we do to equip our children so that, when the time comes, they are ready?

The World Health Organisation (WHO) professional network recommendations for screen time are:

For children less than 2 years old – no screen time

For children 2 to 4 years – up to 1 hour of screen time per day

For older children – limit non educational screen time and encourage healthy habits



Is your child:

- Sleeping enough?
- Physically healthy?
- Mentally and emotionally healthy?
- Engaged with school?
- Connecting socially with family and friends, online and offline?
- Enjoying a variety of hobbies and interests?
- Doing physical activity every day?
- Having fun and learning while using screens?
- Using quality content?

“When we give our children access to the whole world in their pocket, we give the whole world access to our children.”



Consider- is my child emotionally mature enough to navigate the digital space?

How might the harms they might be exposed to impact on their mental health?

How have I prepared them to navigate the offline world?



Culture Reframed Parents Program | Building Resilience & Resistance to Hypersexualized Media & Porn

You will learn:

- How to teach healthy sexuality and strengthen resilience to hypersexualized media and porn
- How unrestricted use of pornography affects the brain and can lead to habituation and addiction
- How to support and guide your child each step of the way



Smartphone Free Childhood



It may feel like you need a smartphone to exist in 2024, but the latest handsets aren't for everyone. While many of us might spend time scrolling through apps like Facebook and Instagram, some of us only

Are Smartphones Harming Children?

The Dr Hillary Show Podcast

19 Sept 2024

In this week's episode, we dive deep into the impact of smartphones on children's lives with psychologist and psychotherapist Charlotte Armitage, who brings over 20 years of experience in the field. Her forthcoming book, [Generation Zombie](#), explores the concerning effects of excessive screen time on child development



How does technology make you feel? What needs does technology fulfil for you/your child?

What habits do you have with technology that you don't want your children to have?

How does technology impact your/their mood?

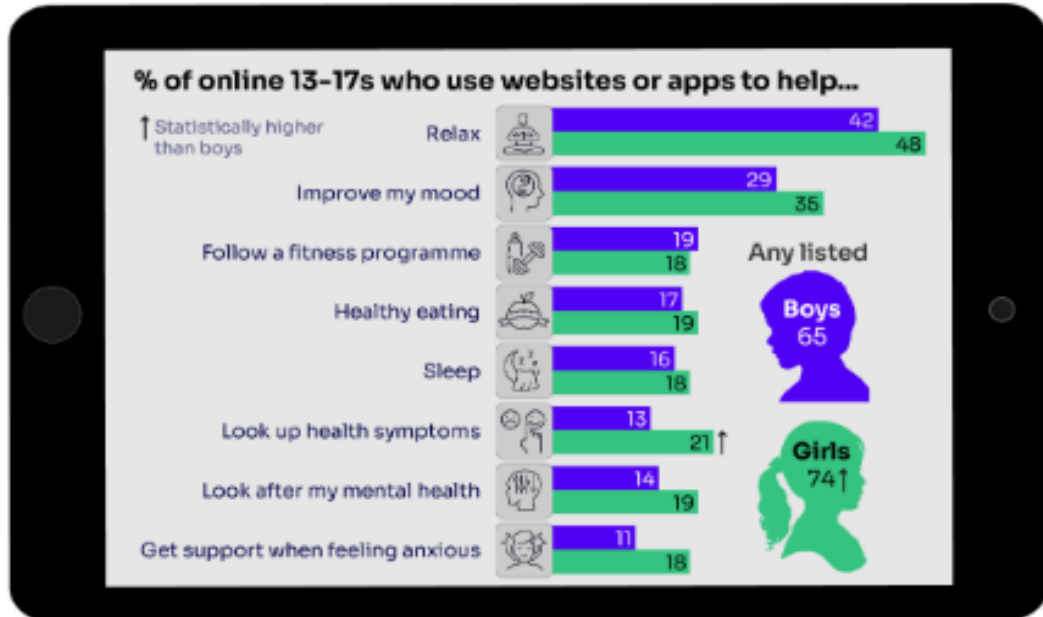
How can you lessen these habits? ...and deepen more productive habits?





Digital 5 A Day

Simple steps to a balanced digital diet and better wellbeing



Topics covered in school lessons (% of 8-17s who go online)



[Computing | Bunny C of E School](#)

[Personal, Social, Economic, Relationships, Sex and Health and Wellbeing Education | Bunny C of E School](#)

[online-safety-policy-pdf](#)

[pshe-inc-rse-policy-pdf](#)

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

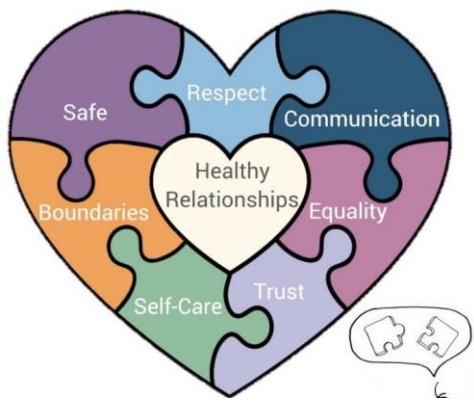
Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.





Parental locks



Explore together about age ratings and why they are necessary

Share their online world. What do they enjoy doing and why?



Talk to them about cyber security/ phishing/ keeping passwords safe



Can you get involved? (play the games with them).



Have screen-free time



Ensure that they are active for an hour a day

Create boundaries – no phones at the dinner table, no phones in the bedroom

Make sure the phone is not in their room at night

Talk together about the pros and cons of technology and individual/company motives

Digital Wellbeing: what harms and what supports?



An over-reliance on technology



Exposure to abuse or online harm



Poor online/offline balance



Negative influences or social interaction



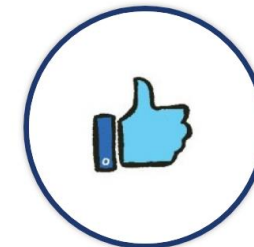
Effective time away from devices



Healthy and appropriate expression online



Positive influences, interactions, and encounters



Critical thinking around information and online harm

How do we get it right: Privacy vs Monitoring?

What would your 3 wishes be for your child and technology?



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NCC ESHAW Hub • 7d

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parentsafelgfl.net

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nottalone.com
- Online Risks**
 - The Different Risks Associated with being Online**

SSOAR

Open Access Repository

The 4Cs: Classifying Online Risk to Children

Find a step-by-step parental controls guide

Understanding online risks.
 - The Classification of Online Risks to Children**

gov.uk

Category	Content	Context	Control
1	1.1	1.2	1.3
2	2.1	2.2	2.3
3	3.1	3.2	3.3
4	4.1	4.2	4.3
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ESHAW Hub Training Evaluation
2025-2026



[ESHAW Hub Training Evaluation 2025-2026](#)

*Thank you
for
listening 😊*



***WHAT
NEXT?***